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UNITED STATES OF AMERICA.

Meals for The Million.

Juliet Corson.

Prices: paper cover, 20 cents; cloth cover, 30 cents.

MEALS FOR THE MILLION:

The People's Cook-Book.

BY JULIET CORSON,

Superintendent of the New York School of Cookery,

AUTHOR OF "THE COOKING SCHOOL TEXT-BOOK AND HOUSEKEEPERS' GUIDE," "THE COOKING MANUAL," "OUR HOUSEHOLD COUNCIL," "TWENTY-FIVE CENT DINNERS," "DIET FOR INVALIDS AND CHILDREN," ETC.

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PREFACE.

A marked advance in the prices of provisions of all kinds, and a continued demand for novelty and variety in economical cookery, have led to the publication of this pamphlet.

The author has refrained from the reproduction of recipes included in her former works, with the exception of those for bread, boiled and baked potatoes, roasted and baked meats, and a few dishes for invalids, which she believes cannot too often be repeated. The difficult dishes of so-called "fancy cookery" have been avoided, as has been the use of any but the most ordinary materials.

The price of the book is made low enough to place it within the reach of every one interested in the extension of cheap and wholesome cookery, and the author ventures to hope for it a fair measure of popular approbation.

NEW YORK SCHOOL OF COOKERY.
January, 1882.

MEALS FOR THE MILLION.

CHAPTER I.

SOUPS.

Cream of Cod (2 qts.).—Remove the skin and bones from cold boiled codfish, and rub it through a very fine colander or a wire sieve with a potato masher; one cupful will be sufficient for two quarts of soup. Put two tablespoonfuls each of flour and butter in a saucepan, set it over the fire, and stir with a wooden spatula* until the flour and butter are smoothly blended; gradually add one quart each of boiling water and milk, stirring all the time until the mixture is free from lumps and reaches the boiling point; then stir in the fish, season the soup palatably with salt, pepper, and grated nutmeg, using about two teaspoonfuls of salt and quarter of a saltspoonful each of white pepper† and grated nutmeg. Let the soup boil gently for a couple of minutes and then serve it. If it stands before serving long enough to grow

* A small pudding-stick or paddle made of hard wood, preferable to a metal or wooden spoon for kitchen use.

† Generally kept by grocers at the same price as black pepper, and much better to use in white soups and sauces.

thicker than rich cream use a little hot milk to thin it. Any cold fish may be used in the same way.

Cream Clam Soup (2 qts.).—Wash the shells of twenty-five large or fifty small clams and put them in a saucepan over the fire until the shells open; take them from the fire, remove them from the shells, saving all the liquor they yield, cut the soft parts away from the hard, and keep them hot in sufficient hot water to cover them; chop the hard parts and return them to the fire in hot water enough to cover them, boiling them slowly until quite tender. Then add to them the soft parts and all the liquor, together with enough milk to make two quarts of soup; season it palatably with salt and pepper, smoothly mix with it sufficient cracker dust (*i.e., crackers pulverized and sifted to a fine powder*) to make the soup as thick as cream; about three tablespoonfuls will be enough for each quart. Serve hot.

Oyster Soup.—Oyster soup may be similarly made with strained oyster juice, milk, cracker dust, and seasonings. The oysters should be carefully examined to make sure that no shell adheres to them, and only allowed to heat for a minute in the soup after it is ready to serve.

Rich Clam Soup (2 qts.).—Use one pint of soft clams after they are removed from the shell (they are brought to market in "bunches" or "strings," each bunch being about a pint); put them into one quart of cold water and wash them to remove any particles of shell; then strain this water and put it over the fire to heat with the clams in it, and

when it approaches the boiling point put it at the back of the fire and let it boil slowly for fifteen minutes; meantime mix over the fire two tablespoonfuls each of butter and flour and a quart of hot milk, as directed for *Cream of Cod;* then quickly strain into this mixture the broth from the clams, season it, and set it back from the fire while the soft parts of the clams are cut away from the hard; add them to the soup; beat the yolks of two raw eggs with half a cup of the hot soup, stir them into the rest of it, and serve it at once.

Bean Soup (4 qts.).—Pick over one pint of dried beans and wash them in cold water; peel and slice an onion and fry it brown in bottom of a saucepan with a tablespoonful of drippings; for this purpose ham or bacon fat is preferable. When the onion is brown put the beans in with it, pour on three quarts of cold water, and let these ingredients boil slowly; every fifteen minutes add half a cup of cold water until a quart has been used. Meantime mix one tablespoonful each of flour and butter to a smooth soft paste, and fry some half-inch bits of stale bread light brown in the frying kettle, or in a frying-pan with a little butter. As soon as the beans are soft, in about an hour, pour them into a sieve set over a large bowl, and rub them through with a potato-masher; put them again into the saucepan with their broth, stir in the butter and flour, let the soup boil once, and serve it, with the fried bread in it.

Purée of Poultry (2 qts.).—Free from skin and bone a cupful of any kind of cold poultry, chop it fine, and rub it through a sieve with a potato-

masher; put into a saucepan over the fire two tablespoonfuls each of butter and flour and stir them until they are light brown; then add two quarts of boiling water, half a cupful at once, stirring all the time, and keeping the mixture smooth; season highly with salt and pepper, stir in the *purée* of poultry, let the soup boil once, and serve it. It may be flavored with a tablespoonful of any good table sauce.

Brown Soup (2 qts.).—Make this soup when there is on hand broth, or the pot liquor of boiled beef; free the broth from fat, and if it is not clear clarify it as follows: for each quart mix the white and shell of one egg and one tablespoonful of cold water in a saucepan, pour the cold broth upon them and set the saucepan over the fire, where its contents will gradually approach the boiling point, stirring every two minutes to loosen the egg from the bottom of the saucepan; as the egg cooks it will rise in the form of a scum; when it collects upon the surface, and the broth looks clear and bright under it, pour it through a folded towel laid in a colander over a large bowl; do not squeeze the towel, but let the broth run slowly through it; it will then be ready to use.

Peel and cut in half-inch dice one medium size carrot, one white turnip, one small leek, one small onion, and one head of celery; slowly fry them brown in a saucepan with a tablespoonful of butter, a teaspoonful of sugar, and a saltspoonful of salt. When they are brown pour the clarified broth upon them and slowly boil them tender, removing all scum as fast as it rises. Meantime boil one cupful

of green peas or string beans, if either are in season, in salted boiling water until tender, and then drain them and put them in cold water until they are wanted. When the other vegetables are tender drain the peas or beans from the cold water and add them to the soup. Mix one tablespoonful of arrowroot with half a cup of cold water, stir it into the soup, let it boil once, add one tablespoonful of vinegar, and serve.

Cock-a-leeky (4 qts.).—Remove all feathers from an old fowl, singe it, wipe it clean with a wet towel, draw and truss it, and put it into a large saucepan with one onion peeled and sliced, quarter of a pound of lean bacon sliced, one tablespoonful of sugar and four of butter; set the saucepan over the fire and turn the fowl occasionally until it is brown all over; then add to it four quarts of boiling water, two teaspoonfuls of salt, one saltspoonful of pepper, and six whole cloves. Boil gently for two hours, or until the fowl is tender. Then strain the broth and return it to the saucepan; put into it two dozen prunes, and one bunch of leeks washed and chopped fine; the chicken is usually cut in inch bits and added, but it may be put in whole to cook with the leeks and prunes for thirty minutes, and then taken from the soup to serve as the meat dish for the dinner. At the end of the half hour see that the seasoning is palatable, and serve the soup. Rice can be substituted for the prunes, and veal for the chicken.

Potato Soup (4 qts.).—Put into a saucepan two ounces of bacon chopped, six onions peeled and chopped, one saltspoonful of pepper, one teaspoon-

ful of salt and four quarts of hot water, and boil for fifteen minutes; meantime peel and slice one quart of potatoes, add them to the first mentioned ingredients, and boil for three quarters of an hour longer, or until the potatoes are boiled to a pulp; season palatably, and serve hot.

Pumpkin Soup (2 qts.).—Peel and slice enough pumpkin to fill a pint bowl, put it into a saucepan with one head of celery chopped fine, one tablespoonful of drippings or butter, a teaspoonful of salt, quarter of a saltspoonful of pepper, and two quarts of boiling water; boil until the vegetables can be rubbed through a sieve with a potato-masher; then return the vegetables and the broth in which they were cooked to the saucepan, set it over the fire, stir into it the soft paste of butter and flour described in the recipe for *Bean Soup*, boil it once, and serve it with fried dice of bread prepared as for the *Bean Soup*.

Winter squash makes a very good soup if treated in the same way.

Brown Onion Soup (4 qts.).—Peel and slice six large onions, fry them brown in a saucepan with two tablespoonfuls of drippings or butter, pour over them four quarts of boiling water, season with two teasponfuls of salt and half a saltspoonful of pepper, stir in two cupfuls of grated bread free from crust, and boil slowly two hours, stirring occasionally. Season palatably, and serve hot.

Herb Soup (4 qts.).—Wash and chop small one cupful each of leeks or chives, parsley, lettuce, green cabbage, beet tops or boiled beets, spinach, and sorrel if obtainable; put them over the fire in

two tablespoonfuls of butter or salad oil, and fry for five minutes; then add two cupfuls of grated bread free from crusts, season with salt and pepper, pour in four quarts of boiling water, simmer two hours, add one tablespoonful of vinegar, and serve.

CHAPTER II.

FISH AND SHELLFISH.

Fricassee of Codfish (2 lbs.).—Wash and cut two pounds of fresh codfish in two inch squares, removing skin and bones; put it over the fire in sufficient cold water to cover it an inch, with one teaspoonful of salt, and let it slowly approach the boiling point; then take it from the water with a skimmer, lay it on a warm dish, cover it with a towel wet in warm water, and place it where it will keep warm without drying. Strain the water in which the fish was boiled and use one pint of it, together with one tablespoonful each of butter and flour, to make a white sauce, first melting together the butter and flour and then gradually stirring in the water; season the sauce palatably with salt and pepper, put the fish into it and heat it until the flakes begin to separate; then remove the saucepan from the fire, stir in the beaten yolk of one egg and a tablespoonful of vinegar; if parsley is obtainable add one tablespoonful chopped fine; serve at once. Toast, or two inch slices of fried bread may accompany the dish. Three tablespoonfuls of salad oil may be added to the sauce with the vinegar, if desired.

Halibut and bass are excellent when cooked in this way.

Ragoût of Eels and Onions (2 lbs.).—Wash and

parboil two pounds of eels cut in two inch lengths, for fifteen minutes; dry them on a towel, put them into two tablespoonfuls of hot salad oil or butter, with one cupful of sliced onions, and brown them over a hot fire; stir in one tablespoonful of flour and let it brown; add one pint of boiling water, season the *ragoût* palatably with salt and pepper, and simmer it slowly for twenty minutes, when it will be ready to serve.

Broiled Halibut with Caper Butter.—Wash a slice of halibut, dry it on a towel, dust it with pepper and salt, place it in a double fish gridiron, which has been buttered to prevent the fish sticking to it, and broil it light brown on both sides over a moderate fire.

Caper Butter.—Meantime chop a tablespoonful of capers and mix them with a tablespoonful of cold butter, half a saltspoonful of salt and quarter of a saltspoonful of pepper; use this mixture on the fish when it is cooked. Chopped pickles of any kind may be used instead of the capers. Either caper or pickle butter is excellent with any broiled or fried fish. Any fresh fish may be used instead of halibut.

Fried Haddock with Pickle Sauce.—Wash and split a small haddock down the back; cut first one side and then the other away from the backbone, and divide the fish into suitable pieces for frying; dust the pieces with salt and pepper, roll them in Indian meal, and fry them light brown in sufficient smoking hot fat to cover them; take them from the fat with a skimmer and lay them on brown paper for a minute to free them from grease. Meantime

chop one teaspoonful of onion and one tablespoonful of pickle, put them over the fire for one minute in a tablespoonful of hot butter, add a cupful of vinegar, and as soon as the sauce is hot pour it over the fried fish, which must be placed on a hot dish. The fish may be served without any sauce, but a little acid is a great improvement to any fried fish. A lemon sliced or quartered may be used when that fruit is cheap. Any fresh fish may be fried in this way.

Fish Roe and Potatoes.—Wash any kind of fish roe in salted cold water, dry it on a towel, put it into a frying-pan containing sufficient hot fat to prevent burning, cover the pan to prevent the spattering of the fat, and brown the roe, first on one side and then on the other; when it is done lay it on brown paper to free it from fat, and then on a hot dish. Meantime peel half a dozen potatoes, cut them in small balls with a vegetable scoop, or in pieces an inch square; throw them into salted boiling water, and boil them until a trussing needle or sharp fork will easily pierce them, but do not let them boil soft; as soon as they are tender drain them and lay them between the folds of a towel until the fish roe is brown. Then put the potatoes into the hot fat where the roe was fried, set the pan over the fire and shake the potatoes about in it until they are brown. Serve them under the fish roe after dusting them over with pepper and salt.

Salt Cod, Lyonnaise Style.—Lay a pound of salt codfish in a frying-pan, cover it with cold water, and set it over a moderate fire; when the water is hot replace it with fresh cold water, and again heat

the fish in it. Repeat this process until the fish is freshened palatably, taking care if there is any skin on it that it shall be uppermost; if the skin of salt fish is on the bottom of the pan all the salt will be retained by it. Meantime peel and slice a pint of onions, and when the water on the fish is changed for the last time put the onions into another frying-pan, containing two tablespoonfuls of hot fat, and fry them gently; when the fish is heated remove it from the water with a skimmer, take off the skin and any bones which can easily be reached, and put it into the pan with the onions; brown it slightly on both sides, dust it with pepper, and serve it with the onions over it. In handling the fish avoid breaking it.

Salt Codfish, Spanish Style.—Parboil and freshen the fish as directed in the preceding recipe, or soak it in water over night, putting the water warm on the fish. Dry it on a towel without breaking it, dip it in melted butter or olive oil, dust it with salt and pepper, and broil it in a fish gridiron. When it is brown on both sides rub it over with butter or oil, lay it on a hot dish, squeeze over it the juice of a lemon, if lemons are plentiful, or pour over it a tablespoonful of vinegar, and serve it hot. A little parsley is a great addition to the dish.

Salt Codfish with Dutch Sauce.—Freshen the fish as already directed, and keep it hot while a Dutch Sauce is made as follows:

Dutch Sauce.—Mix together in a saucepan over the fire one tablespoonful each of butter and flour until they bubble, then gradually add a pint of boiling water, stirring the sauce until it is smooth; sea-

son it with salt and pepper, put the fish into it and let it heat; then take the vessel containing it from the fire, stir in the yolks of two raw eggs, three tablespoonfuls of salad oil, a few drops at a time, and one of vinegar or lemon juice; serve at once.

Herrings stewed with Tomatoes.—Strip the skin from a dozen herrings, pull the flesh from the bones, and put the *filets* thus made over the fire with a pint of tomatoes peeled and sliced; add half a saltspoonful of pepper, and stew gently for half an hour; then serve on toast.

Smoked Halibut and Tomatoes.—Freshen to taste a piece of smoked halibut as directed in the recipe of *Salt Codfish, Lyonnaise style*, and lay it without breaking on a buttered earthen baking dish; on the top put a tablespoonful of finely chopped onion, dust it with pepper, and pour over it a pint of peeled and sliced tomatoes; bake it half an hour in a moderate oven, and serve it hot in the dish in which it was cooked. Fresh halibut is excellent cooked in the same way.

Broiled Salt Mackerel.—Freshen a salt mackerel by soaking it over night in water, taking care that the skin lies uppermost. In the morning dry it without breaking, cut off the tip of the head and the tail, place it between the bars of a buttered fish gridiron, and broil it to a light brown; lay it on a hot dish, and dress it with a little butter, pepper, and lemon juice, vinegar, or chopped pickle.

Devilled Haddock.—Choose a thick smoked haddock, trim off the head and tail, score the thick parts at about inch distances with a sharp knife, rub into the cuts salt, pepper, dry mustard, and a little

cayenne pepper, thus seasoning the fish highly; broil it five minutes on each side, in a buttered fish gridiron, and serve it very hot on a hot dish, with a little lemon juice or vinegar.

Herrings and bloaters can be dressed in the same way.

Roast Oysters.—To make a real roast of oysters is very troublesome. The oysters must be laid upon hot coals, after the shells are washed, and allowed to remain until they open, when they are extracted with a measure of success which depends upon the deftness of the manipulator, and served with melted butter, pepper, and salt. An easier way is to arrange them in a large pan, set it over a very hot fire, and turn another pan over it until the oysters open; there is less exposure to intense heat in following this method rather than the first. The third and easiest way is to arrange the deep shells of oysters in a pan and set them in a very hot oven until they are hot enough to instantly melt a bit of butter; this is then put into each one together with an oyster and a dust of pepper, and the pan is replaced in the hot oven until the edges of the oysters curl; the shells containing them are then quickly transferred to a hot dish, and they are served at once. Oysters seldom need to be salted. Oysters are best when cooked quickly.

Panned Oysters.—These are almost as nice as roast oysters, and are far easier to prepare. The oysters must be freed from bits of shell, and their liquor strained and saved to make oyster toast. Put one quart of oysters into a shallow frying-pan containing enough hot butter to cover the bottom

of the pan, add the oyster-juice, a dust of pepper, and shake the pan until the edges of the oysters begin to curl; then pour them on buttered toast and serve them at once. All cooked oysters deteriorate by being allowed to stand after they are done; they should be eaten immediately.

Oyster Toast.—Toast half a dozen slices of bread, and pour over them a sauce made by mixing over the fire a tablespoonful each of butter and flour until they bubble, and then gradually stirring in the oyster liquor, heated, adding if necessary a little boiling water, to make a sauce of the consistency of cream; the sauce should be allowed to boil for a couple of minutes, seasoned with salt and pepper, and poured on the toast. Milk may be used instead of water if there is not sufficient oyster liquor to make the sauce.

Oyster Fritters (1 qt.).—The oysters should be examined for bits of shell, and their liquor strained. Then make a batter by mixing two cups of flour, the yolk of one raw egg, a tablespoonful of salad oil, a dust of cayenne pepper and sufficient oyster liquor to make a batter just thick enough to sustain the drops from the spoon; plenty of fat should now be heated until smoking; the white of the egg should be beaten stiff and gently stirred into the batter when the fat is hot, together with the oysters, whole or chopped, and it should be put into the hot fat by the large spoonful and fried brown; the fritters when done should be laid on brown paper for a moment to free them from grease, and then served hot.

Fried Oysters.—The fried oysters of Parkinson,

the celebrated Philadelphia caterer, were prepared by dusting them with flour and pepper, dropping them into an equal mixture of lard and salad oil made smoking hot, and serving them the instant their edges began to curl. Some cooks roll them in cracker dust or Indian meal and then fry them. A substantial dish may be made of fried oysters by having ready some mashed potatoes nicely seasoned and placed around the edge of a hot dish in such a way as to form a wall, and serving the oysters in this dish.

Broiled Oysters.—Make as many nice slices of buttered toast as there are persons to serve; allow half a dozen oysters for each one; dip the oysters in melted butter, lay them between the bars of a fine wire gridiron, and broil them over a hot fire until their edges curl; dust them with pepper, and serve them on the toast.

Fried Scallops.—These delicate shellfish should be rolled in Indian meal or flour seasoned with pepper and salt, and fried brown in plenty of smoking hot fat. Sometimes a few thin slices of fried salt pork are served with them.

Scallops and Eggs.—Boil one pint of scallops gently for five minutes, drain them, tear them apart with a fork, fry them five minutes in hot butter enough to prevent burning, with a palatable seasoning of pepper and salt; then add to them six eggs, and stir like scrambled eggs for three minutes; serve on toast.

Scallops and Onions.—Peel, slice, and fry for three minutes half a dozen onions in two tablespoonfuls of hot butter; add one pint of scallops to

the onions, with enough more butter to prevent burning, season them with salt and pepper, fry them ten minutes longer, and serve them hot; buttered toast is a great addition to this dish.

Clam Fritters.—Use soft clams; wash them in cold water and strain the water; put it into a saucepan with the hard part of the clams chopped fine and boil them slowly for an hour; then drain them and use the broth to make the same kind of batter as that given in the recipe for *Oyster Fritters*, adding the chopped clams instead of oysters, and fry in the same way.

Stewed Clams.—Use the soft parts of the clams; make a white sauce by mixing a tablespoonful each of butter and flour over the fire, adding gradually to it a pint of hot milk or milk and water, and season it with salt and pepper; put in the soft parts of the clams, and simmer them gently for fifteen minutes where the heat is sufficiently gentle to preclude burning. Serve hot.

Clam Chowder (4 qts.).—Small hard-shell clams are best liked for chowder. Wash the shells of fifty, put them over the fire in a saucepan with a pint of water, and cover them until the shells open; then take out the clams saving all the broth, and rinse them in it to remove every grain of sand; leave the soft parts whole, and chop the hard parts quite fine; strain the broth through a fine cloth to remove all sand. Peel and cut in half inch dice a quart of potatoes; peel and slice six onions, and six tomatoes, or use canned tomatoes; cut half a pound of fat salt pork in dice, fry it brown in the bottom of a saucepan or round bottomed iron pot, and take

it out with a skimmer, leaving the fat in the pot; if the fire is hot turn a small plate bottom up in the pot to keep the chowder from burning. Put all these ingredients in the pot in layers, and when half are used put in half a pound of pilot crackers or sea biscuit; then add the rest of the ingredients, putting another half pound of crackers on the top, and pour in the clam broth and sufficient cold water to cover all an inch above the top; add a seasoning of salt, pepper, and a little marjorum, thyme, and savory in the leaf; let the chowder simmer gently an hour; then add a cup of milk, and serve it. The onions are sometimes fried with the pork.

Stewed Mussels.—When mussels are good their shells are dark and bright, and the fish do not shrink when they are boiled. Before boiling them lay them for two hours in a tub of cold water containing a handful of salt; this will remove all mud and sand from them; then wash them in fresh cold water, put them into a pot or saucepan and set them over the fire, covered, until the shells open. The mussels must then be taken from the shells, and carefully freed from the dark fringe upon their edges, the thread-like parts near the joint of the shells, and all mossy or hairy portions; they will then be ready to use. To stew them heat them in a Dutch sauce made as directed in the recipe for *Salt Codfish with Dutch Sauce*, and serve them immediately, or simply heat them with butter, pepper, and salt.

Pickled Mussels.—Boil them as directed in the previous recipe, put them in glass jars, and cover

them with vinegar heated scalding hot with whole pepper, mace, and allspice.

Boiled Lobster.—Choose a lively lobster, heavy in proportion to its weight; put it into a large pot containing enough boiling water to entirely cover it, and let it boil fifteen minutes, or until its shell is bright red; then remove it from the water, and cut it up as soon as it is cool enough to handle. The tail should be broken from the body and split down the centre with a sharp knife; the intestine running through it can then easily be seen and removed. The large claws should be broken off, and separated with a can-opener with less trouble than by breaking with a hammer, as they can be cut in such a way as to permit the flesh to be taken from them entire. All the soft, hairy fins which lie next to the body must be thrown away. When the body of the fish is opened the red coral and green fat should be saved; the stomach, a hard, partly bony organ, which lies back of the eyes, should be thrown away. The lobster will then be ready to dress.

Stewed Lobster.—Prepare the fish as directed in the last recipe, and heat it in a Dutch sauce, made as directed in the recipe for *Salt Codfish with Dutch Sauce;* or simply heat it quickly with sufficient cream or milk to moisten it, and a palatable seasoning of salt, pepper, and butter.

Scalloped Lobster.—Prepare the lobster as directed in the recipe for *Stewed Lobster*, mince the flesh fine, season it highly, put it into the split shell of the tail, with a tablespoonful of butter to each shell, dust it thickly with pounded cracker or bread-

crumbs, and brown it in a very hot oven. Richer dishes of scalloped lobster are made by adding to them cream or Dutch sauce, and a little wine.

Broiled Lobster.—Prepare the lobster as already directed; split the body as well as the tail, leaving the flesh in the shell; dust the flesh with salt and pepper, put a very little butter over it, and broil it, the flesh towards the fire, for three or four minutes; serve it very hot. A cut lemon is a great addition to this dish.

CHAPTER III.

RELISHES FOR LUNCHEON OR SUPPER.

Welsh Rarebit with Ale.—Stir the following ingredients together in a saucepan over the fire until they are smoothly blended, and then pour the rarebit on a large slice of buttered toast, and serve it immediately ; quarter of a pound of cheese grated, two tablespoonfuls of butter, two tablespoonfuls of ale, a saltspoonful each of salt and dry mustard, quarter of a saltspoonful of pepper, and a dust of cayenne. All rarebits should be eaten as soon as they are done, as they toughen by standing.

Welsh Rarebit with Bread.—Make as in the former recipe, substituting half a cupful of bread without crust soaked soft in milk for the ale.

Welsh Rarebit with Eggs.—Make as in the first recipe, substituting the yolks of two raw eggs beaten with half a cup of cold milk for the ale.

Salmon Sandwiches.—Chop some cold smoked or picked salmon very fine, or pound it to a paste in a mortar, season it highly with pepper, mix it with an equal quantity of butter, and use it thinly spread on bread for sandwiches.

Poultry or Game Sandwiches.—Chop fine cold poultry or game freed from skin and bone, or pound them to a paste in a mortar, season highly with salt, pepper, and cayenne. To make sandwiches butter

some thin slices of bread, trim them to a small neat shape, lay a leaf of fresh lettuce on each, and enclose between them a layer of the cold poultry. The easiest way to cut bread for sandwiches is to trim the crust from a loaf at least a day old, cut one end perfectly even, butter it, and then cut off a thin slice; do this until the needed quantity is ready. Finely chopped celery dressed with pepper, salt, and vinegar may replace the lettuce; and a little cold Dutch sauce greatly adds to the palatability of the dish.

Mackerel and Onion.—Freshen a salt mackerel as directed in the recipe for *Broiled Salt Mackerel*, remove the skin and bones, and cut the flesh in small thin slices; peel and slice very thinly a cupful of mild onions, lay them on the dish with the mackerel, dress them with three tablespoonfuls of oil, one of vinegar, and plenty of pepper, and serve with bread and butter or crackers.

Salmagundi.—Arrange in successive rings on a salad dish the following ingredients, and dress them with oil, vinegar, and pepper, as directed in the preceding recipe: equal quantities of herrings or bloaters, freed from skin and bone and cut in thin slices, pickled red cabbage, pickled beets chopped, and hard-boiled eggs.

Potted Meat, Game, Fish, &c.—Free any kind of cold meat from skin, bone, and gristle, chop or pound it to a paste, adding to every pound of it two herrings, quarter of a pound of cooked ham fat or butter, season and spice it highly, pack it down in earthen jars, and cover it quarter of an inch above its surface with clarified butter; then cover the tops

of the jars with buttered paper or bladder wet in cold water, tying it down tightly to keep out the air, and keep the jars in a cool place.

Cold ham, tongue, poultry, game, or fish may be treated in this way ; smoked fish pots well.

Clarified Butter.—Clarified butter is prepared by melting butter with gentle heat, and then carefully pouring it off the salt and fibrous substance which sink to the bottom of the vessel in which the butter is melted.

Hot Egg Salad.—Chop one tablespoonful of pickle, mix it with an equal quantity of the grated rind and juice of a lemon, a saltspoonful of salt, a dash of cayenne pepper, and three tablespoonfuls of salad oil. Heat in a frying-pan one tablespoonful of oil, break three eggs into it and stir them over the fire two or three times, in order to slightly mix the whites and yolks; let them cook three minutes, then pour them on a salad dish, and serve the salad at once with the dressing described in the beginning of the recipe poured over them.

CHAPTER IV.

EGGS.

Eggs with Burnt Butter.—Break half a dozen eggs, putting each one in a cup to keep them entire; put four tablespoonfuls of butter into a frying-pan and brown it over the fire, slip the eggs into the hot butter and cook them to the desired degree; then take them up with a skimmer, lay them on toast and set the dish containing them where they will keep hot. Pour half a cup of vinegar into the butter, let it boil up once, pour it over the eggs, and serve them hot.

Baked Eggs and Cheese.—Lay some thin slices of cheese on a buttered flat baking dish, break as many eggs on the cheese as the dish will hold in a single layer, dust them with salt and pepper, put a small bit of butter on each one, and bake them to the required degree in a hot oven. Serve them hot.

Baked Eggs, Ardennes Style.—Separate the whites and yolks of six eggs, putting each yolk by itself in a cup, and the whites all together in a bowl; when all the eggs are broken beat the whites to a stiff froth, after adding to them a saltspoonful of salt and quarter of a saltspoonful of pepper; spread them on a buttered dish, slip the yolks on top, laying them a little apart, and bake for five minutes in

a hot oven, or until they are light brown; dust pepper and salt over the top, and serve them hot.

Fried Eggs with Pickles.—Put enough butter, lard, or ham fat in a hot frying-pan to entirely cover the bottom, break in as many eggs as it will hold, dust them with pepper and salt, cook them to the required degree, and put them on a hot dish; meantime chop a large pickle finely, and put it into the frying-pan for one minute after the eggs have been taken up, then put it on them and serve them at once.

Omelette with Crusts.—Fry a cupful of half-inch pieces of bread as directed in the recipe for *Bean Soup*. Break three eggs and mix them for one minute with a saltspoonful of salt and quarter of a saltspoonful of pepper; meantime heat a large frying-pan, melt a tablespoonful of butter in it, pour in the eggs, scatter the fried bread over them, and when they are cooked to the desired degree, roll the omelette towards one side of the pan by slipping a fork under one side and turning it over; then turn the omelette on a hot dish, and serve it at once. All omelettes should be eaten as soon as they are done.

Onion Omelette.—Prepare three eggs as directed in the last recipe; peel and slice three onions and fry them light brown in two tablespoonfuls of butter; then add the eggs, and finish the omelette as directed in the last recipe. A plain breakfast omelette can be made by leaving out the bread and onions.

CHAPTER V.

POULTRY AND BIRDS.

Roast Poultry.—As all poultry is roasted in the same way one recipe will suffice to cover the ground, the fact being kept in mind that different stuffings are required, for which recipes follow. To prepare a bird for roasting all the feathers must be removed, and flame from burning paper, or a little alcohol lighted on a plate, employed to singe off the hairs; the outside should then be thoroughly wiped with a wet towel; the feet should be cut off just below the joint at the end of the drumstick, and thrown into boiling water to soften the skin, and the joint itself scraped to remove the skin, and wiped with a wet towel; by cutting the legs below the joint the skin and flesh are held in place during the cooking of the bird. Next the head should be removed, the skin cut down the back of the neck and pulled forward to admit of the removal of the crop and windpipe without opening the skin in front; the neck should be cut off close to the body, and laid by for subsequent use. A slit should next be made, running from under one thigh to the vent and around it, and the skin loosened and opened to admit of the introduction of the hand, which should be used to loosen the entrails from the body in all directions so that

they can be taken out without tearing them apart, by taking care to remove them in this way the danger of breaking them is lessened, and if they are not broken it will not be necessary to wash the inside of the bird; the washing of poultry, by removing some of the blood, deprives it of a corresponding amount of nutriment and flavor; after the entrails are taken out the heart, gizzard, and liver should be carefully separated from them; the gall should be cut from the liver without breaking it, for if it is broken it will make everything it touches bitter; the purple flesh of the gizzard should be cut away from the bag of food and gravel which it contains; the heart should be trimmed to remove any portion of the entrails adhering to it; then all these parts, together with the neck, and the feet, which must be scraped free from skin and have the toes cut off, may be put into water and boiled tender as the basis of gravy, or used to make a giblet stew. The little sack or oil bag at the back of the tail must be cut out, as the oil it contains is generally strong. The bird, so dressed, is ready for stuffing and trussing, or sewing with strong twine to preserve its shape during cooking. To roast, or rather bake poultry, lay it in a pan with a slice of salt pork under and another over it unless it is very fat, in which case it will yield sufficient dripping for basting; brown it quickly, but do not burn it; then season it with pepper, salt, and whatever sweet herb has been used in flavoring the stuffing, and baste it while it cooks with the dripping in the pan; if the oven is of the proper temperature, not too hot, no water will be required for basting, and if only the

drippings are used for this purpose the full flavor of the bird will be preserved. If a "frothed" surface is desired occasionally dust the bird with flour from the dredging-box while basting it. To make the gravy have the meat from the giblets chopped fine, and the broth in which they were boiled hot when the bird is cooked; remove it from the dripping pan and keep it hot; if there is more than about half a cup of dripping in the pan pour it out, and keep it for frying potatoes in; put into the pan two tablespoonfuls of flour and stir over the fire until it is brown, then add the chopped giblets and enough of their broth or of boiling water to make a good gravy, and season it palatably. About fifteen minutes to a pound is generally allowed for baking poultry. Wild ducks and game are always served rare, and so require less time in cooking; only their breasts are carved, and the rest of the birds are served again in *ragoûts* or brown stews.

Roast Turkey with Oyster Forcemeat.—Prepare the turkey as directed in the recipe for *Roast Poultry*, stuffing it with the following forcemeat: Soak sufficient stale bread to fill the turkey in cold water and then squeeze it nearly dry in a towel; strip one quart of oysters through the fingers to remove the bits of shell, strain their liquor and add it to the bread; slightly fry the oysters in two tablespoonfuls of hot butter, add them to the bread with the butter in which they were fried, season the forcemeat with salt and pepper, and use it for the turkey. Instead of the oysters any flavoring or seasoning may be used in the stuffing.

Turkey Stew with Chestnuts.—Use the remains

of roast turkey cut in pieces two inches square, brown it quickly in a saucepan with sufficient butter to prevent burning, stir in with it two tablespoonfuls of flour, and brown that; meantime cut the shells of a quart of large chestnuts (the native nuts will do, if imported ones are scarce or dear), put them into a hot oven or in a frying-pan over the fire until the shells open sufficiently to permit the removal of the nuts; rub off the skins with a damp cloth, and when the turkey is brown add them to it with enough boiling water to make a gravy; season the stew with salt and pepper and let it cook gently for half an hour; then serve it on toast. The chestnuts may be replaced with small dumplings, pieces of potato, or small onions if the change is desirable.

Devilled Turkey.—The wings and drumsticks of cold turkey make the best dish; score them with a sharp knife, season them highly with salt, pepper, cayenne, and dry mustard, broil them over a hot fire, put a little butter on them, and serve them hot, with a cut lemon or some vinegar.

Roast Duck with Onion Stuffing.—Prepare the duck as directed in the recipe for *Roast Poultry;* soak a cupful of stale bread in cold water and squeeze it nearly dry in a towel; peel and slice a pint of onions, fry them brown with two tablespoonfuls of butter, mix the soaked bread with them, season the stuffing highly with salt, pepper, and powdered sage, and use it in the duck.

Devilled Duck.—This is a good recipe for dressing a small duck. Prepare the bird as directed in the recipe for *Roast Poultry*, split it down the back,

prick the skin all over with a large fork, rub into it a mixture of salt, pepper, cayenne, dry mustard, and a little of any good table sauce, and broil it about twenty minutes; serve it hot, with a little butter and lemon juice or vinegar.

Braised Duck with Green Peas.—Prepare a small duck as for roasting, but do not stuff it; put it into a saucepan with a layer of slices of salt pork or bacon under it; over it strew half a cupful of mixed minced parsley, leek or onion, and green mint; season it with salt and pepper, set the saucepan over the fire, and turn the duck occasionally until it is brown all over; meantime shell a quart of green peas; when the duck is brown cover it with boiling water, put in the peas and stew it gently until the bird is tender; then serve the duck laid on the bacon and peas.

Stewed Duck with Cabbage.—Slice a small head of red cabbage, put it into a saucepan on a tablespoonful each of butter and vinegar with a dozen whole cloves, a dozen peppercorns, and a teaspoonful of salt; cover it and set it where it will cook very slowly. Meantime cut in two inch pieces the remains of cold roast duck, brown them in a tablespoonful of butter, seasoning highly with pepper and salt; when quite brown put them on top of the cabbage and continue the gentle cooking until the cabbage is tender; turn it out on a dish and serve the duck on it.

Roast Goose with Apple Stuffing.—Prepare the goose as directed in the recipe for *Roast Poultry*. Pare, core, and quarter enough small tart apples to fill the bird; slightly brown them in a frying-pan

containing about half an inch of hot butter, season them with salt, pepper, and a very little allspice, put them into the goose, and sew it up tightly so that none may escape during the cooking of the bird. In Germany half the stuffing is composed of prunes or raisins heated in butter with the apples, or used uncooked.

Ragoût of Goose and Onions.—Cut up the remains of cold roast goose, brown it quickly in a saucepan with only enough butter to prevent burning; in another saucepan brown a pint of peeled button onions with a tablespoonful of butter and a teaspoonful of sugar; when the goose is brown stir a tablespoonful of flour with it, put in the onions, and boiling water enough to cover it; rinse the saucepan in which the onions were browned with half a cup of boiling water and add it to the goose; season the stew with pepper and salt, and cook it slowly for half an hour.

Goose Giblet Stew.—Prepare the giblets of a goose as directed in the recipe for *Roast Poultry;* in addition to the giblets mentioned in that recipe the head is used after being carefully plucked or skinned, and having the beak chopped off; the pinions or wing tips also belong among the giblets; the giblets should be cut in pieces about an inch square, and browned in a tablespoonful of hot butter; a tablespoonful of flour should then be added and browned, and sufficient boiling water to cover them, together with salt and pepper to make a palatable seasoning, and the stew gently cooked until the gizzard is tender.

A cupful of peeled and sliced onion is some-

times added to the stew, or two cupfuls of tart apples, pared and quartered. It should be served hot, on toast.

Roast Chicken.—Prepare the bird as directed in the recipe for *Roast Poultry* and stuff it with the following forcemeat: soak two cupfuls of stale bread in cold water and squeeze it dry in a towel; chop together the liver and an equal quantity of salt pork or bacon, and add it to the bread; add also a tablespoonful of chopped parsley, a teaspoonful of chopped onion, and a teaspoonful of grated lemon rind if it is available; season the forcemeat highly with pepper, salt, and any powdered sweet herb except sage, and use it to stuff the chicken.

Spring chickens do not require stuffing, and should be roasted very quickly to avoid drying the flesh, about a half hour being generally time enough to allow.

Braised Fowl.—Prepare a fowl as directed in the recipe for *Roast Poultry*, but do not stuff it; lay it in a saucepan on some thin slices of salt pork or bacon, put with it a calf's foot nicely cleaned and split, or a pound of tripe well washed, a whole carrot scraped, an onion peeled and stuck with ten whole cloves, ten peppercorns, two teaspoonfuls of salt, and sufficient boiling water or water and gravy to cover it; cover the saucepan tightly, closing the edges of the cover with a thick paste of flour and water, and set it where its contents will cook very slowly for three hours. Then if the fowl is tender take it up, strain the gravy, remove the fat from it, season it palatably, and serve it with the fowl. The tripe, bacon and vegetables may be

rubbed through a wire sieve with a potato masher and used to thicken the gravy if desired.

Fowl Stewed Whole.—Prepare the fowl as directed in the recipe for *Roast Poultry*, but do not stuff it; brown it in hot butter in a saucepan just large enough to hold it; then cover it with boiling water, season it with salt and pepper, add one carrot and one onion peeled and sliced; cover the saucepan closely, and simmer the fowl until it is tender; serve it with the sauce containing the vegetables.

Chicken Fried with Hominy.—Dress a tender chicken as directed in the recipe for *Roast Poultry*, and cut it in pieces about two inches square. In a large frying-pan heat smoking hot enough lard to cover the bottom half an inch deep; then very quickly dip the pieces of chicken, one at a time, into cold water, roll them in flour, pepper, and salt, and put them at once into the hot lard; work very fast, and as the pieces brown lay them on one side of the pan to make room for others, when all are done, put them on a hot dish, and fry little squares or cakes of cold boiled hominy in the same fat; serve them on the dish with the chicken. If a gravy is desired stir a tablespoonful of flour into the fat in the frying-pan, add a cup of cream, if obtainable, or a cup of milk with the yolk of a raw egg beaten into it, removing it at once from the fire if the milk and egg are used, season it palatably with salt and pepper, and serve it in a bowl. In the South gravy is not poured over the chicken if fried hominy is served with it.

Boiled Hominy.—Pick over and wash in three waters half a pint of hominy; put it over the fire

in a pint and a half of cold water, let it slowly reach the boiling point, and boil it steadily for half an hour, stirring it occasionally to prevent burning; if at the end of twenty-five minutes the hominy is not thick enough to hold the spoon upright leave the cover off the kettle in which it is boiling, so that some of the moisture may escape in steam; stir in a teaspoonful of salt and a tablespoonful each of butter and flour. Wet an earthen dish with cold water and pour the hominy into it to cool.

If a farina kettle is used for boiling the hominy the water in the outer kettle must boil constantly, and a quarter of an hour extra must be allowed.

Chicken and Sweet Corn. — Prepare a young chicken as directed in the preceding recipe, but do not dip it in water or flour; fry it brown in a saucepan with two tablespoonfuls of hot butter; add the grains cut from a dozen ears of corn and a quart of milk, and stew gently for half an hour; then season palatably with pepper and salt, and serve.

Chicken and Green Peas.—Cut cold roast or boiled chicken in small pieces, brown them in butter, stir in a tablespoonful of flour, and when it is brown add a can of peas and the liquor in which they were preserved; season with salt and pepper, heat five minutes, and serve on toast.

Ragoût of Small Birds.—Remove all feathers from small birds, draw them, brown them quickly in a little butter, cover them with boiling water, season them with salt and pepper, and let them gently stew while some hominy is being fried. Cut slices

of cold boiled hominy, prepared as directed in the recipe for boiled hominy, allowing as many slices as there are birds, fry them brown in smoking hot fat, lay a bird on each slice, and pour over all the sauce in which the birds were stewed.

CHAPTER VI.

MEATS.

Roasting.—The roasting of meat is so simple an operation that the wonder is how many juiceless and flavorless joints find their way to the table. In a book of this size it is not possible to give more than the outlines of proper methods of cookery; the discussion of reasons for following them belongs to and is given in the author's larger works. American roasts usually consist of baked meats; but baked meats can be cooked so as to retain all their flavor and juices by paying attention to the following rules: do not wash meat; if it has on it bits of straw, sawdust, or any other substance which it is likely to gather in the butcher's shop, wipe its surface with a wet cloth, or scrape it; if it is torn or dried trim off the poor parts; never use tainted meat; do not season meat until after its surface is brown; do not put water into the pan with meat prepared for baking, but if the joint is very lean add to it sufficient dripping to prevent the burning of the pan; while the meat requires to be browned quickly in order to keep in all the juices, do not let the oven be hot enough to burn it; if possible keep one oven for cooking meat and another for pies and cakes; make the gravy for roast meats as directed in the recipes

for roast poultry. Rare roast meats require about fifteen minutes to the pound, well done roasts twenty minutes; veal and pork should be very well done.

Broiling.—The rules for roasting meat apply to broiling, except that instead of cooking it in the oven it is to be quickly browned first on one side and then on the other, over a hot fire, and removed a little from the fire to finish cooking; meat an inch thick will broil in about twenty minutes; it should be seasoned after it is cooked.

Boiling and Stewing.—Fresh meat for boiling should be put into boiling water and boiled very gently about twenty minutes for each pound; a little salt, spice, or vegetables may be boiled in the water with the meat for seasoning; a little vinegar put in the water with tough meat makes it tender; the broth of boiled meat should always be saved to use in soups, stews, and gravies.

Stewing and simmering meats means to place them near enough to the fire to keep the water on them bubbling moderately, constantly and slowly.

Salt meats should be put over the fire in cold water, and that as soon as it boils should be replaced by fresh cold water, the water being changed until it remains fresh enough to give the meat a palatable flavor when done; salted and smoked meats require about thirty minutes' very slow boiling, from the time the water boils, to each pound; vegetables and herbs may be boiled with them to flavor them; when they are cooked the vessel containing them should be set where they will keep

hot without boiling until required, if they are to be served hot; if to be served cold they should be allowed to cool in the pot liquor in which they were boiled; very salt meats, or those much dried in smoking, should be soaked over night in cold water before boiling.

Frying.—There are two distinct methods of frying, one with very little fat in the pan; to practise this successfully the pan and fat must be hot before the article to be fried is put into it; for instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being maintained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely immersing the article to be cooked in sufficient smoking hot fat to cover it, and keeping the fat at that degree of heat until the food is brown; it should then be taken up with a skimmer and laid on brown paper for a moment to free it from grease.

Warming over Cold Meat.—As a variation to the usual ways of serving cold meats in cold and ragged joints or uninviting hash, the suggestion is offered that after the housekeeper has sliced off what she desires to serve cold she should try the few recipes for warming cold meats which form part of this chapter; they are but the slightest hint of what can be done with cold meat; a volume would be required for the adequate treatment of this subject.

Roast Beef with Horseradish Sauce.—Roast a piece of beef according to the directions given for

roasting meat, and serve it with a sauce made as follows, or with grated horseradish and vinegar:

Horseradish Sauce.—Put two tablespoonfuls of grated horseradish into a bowl; stir into it with a wooden spoon the yolk of a raw egg, three tablespoonfuls of salad oil added gradually, one tablespoonful of vinegar, a saltspoonful of salt, and quarter of a saltspoonful of pepper.

Braised Beef.—Choose a strip of the flank of beef three or four times as long as it is wide, and weighing about four pounds, wipe it with a wet cloth, season it highly with salt, pepper, and ground cloves, roll it compactly, and tie it in shape with a strong cord; heat a tablespoonful of drippings in a saucepan large enough to hold the beef, put it into the hot fat, and turn it about until it is browned on all sides; then put over it two tablespoonfuls of flour and turn it over repeatedly until the flour is brown; cover it with boiling water, season the gravy thus made palatably with salt and pepper, put on the cover of the saucepan, cement it around the edges with a thick paste of flour and water, and place it where its contents will simmer for three hours. In two hours prepare a red cabbage as directed in the recipe for *Stewed Duck with Cabbage*, and cook it slowly until tender; keep it hot to serve under the beef, from which the string must be removed before it is laid on the cabbage; serve the sauce of the beef in a gravy bowl.

Stew of Tough Beef.—When a tough piece of beef is to be cooked cut it in two-inch pieces, dip each piece in vinegar, put them into a saucepan without water, season them with salt and pepper,

cover the saucepan tightly, and stew its contents gently for two hours. Then pare an equal quantity of potatoes, cut them in half-inch pieces, put them with the beef, add sufficient boiling water to cover them, with a little salt and pepper, and continue cooking the stew until they are tender; serve it hot.

Ragoût of Cold Beef and Vegetables.—Cut cold beef in inch squares, brown it in hot drippings, sprinkle it with flour and let that brown, cover it with boiling water, and season it with salt and pepper; add to it any cold vegetables cut in similar pieces, heat them, and serve the stew.

Roast Leg of Lamb or Mutton.—Wipe a leg of lamb or mutton with a wet cloth; run a sharp thin bladed knife between the skin and flesh where the leg is thickest, in such a manner as to form a pouch for the stuffing; into this pouch put the flesh of a red herring, highly seasoned with pepper, and pounded to a paste, forcing it as far as possible under the skin; roast the leg according to the directions given for roasting all kinds of meat. French cooks put a clove of garlic into the flesh close to the end of the shank bone of a leg of mutton before roasting it.

Garlic Cloves.—Garlic when marketed looks somewhat like a dried tuberose root; it divides when broken into many small lobes called "cloves;" each clove is covered with an inner skin which must be removed before the clove is used for flavoring.

Fried Breast of Mutton.—Boil a breast of mutton, according to the directions for boiling meat, until it is tender enough to permit the bones to be pulled out; lay it between two platters, under a

weight, until it is quite cold; then roll it in bread-crumbs and fry it whole in a dripping pan large enough to hold it flat, in sufficient smoking hot fat to cover it; or cut it in small pieces, before breading it, and fry it in an ordinary frying kettle. Fried onions or tomatoes may be used to garnish this dish.

Breading.—The "breading" of any article consists of simply rolling its moist surface in sifted bread-crumbs or cracker dust; if the crumbs are unlikely to stick the article is next dipped in beaten egg, and then again rolled in crumbs. The crumbs should always be sifted so that they may be of one size, and as fine as possible, or they will be apt to fall off during frying. They are made by drying stale bread, rolling it fine, and sifting it through a fine sieve; the coarser crumbs may again be rolled and sifted, or kept for stuffing or puddings. Crackers can be rolled in the same way; cracker dust is sold ready for use.

Irish Stew.—Cut three pounds of breast of mutton in two-inch pieces, put it into a saucepan with a quart of boiling water, two teaspoonfuls of salt, and a saltspoonful of pepper, and stew all together gently for an hour; then add a pint of onions peeled and sliced, and a quart of potatoes peeled and cut in inch pieces, and again stew gently for an hour; the stew should be kept closely covered while cooking.

Persillade of Mutton.—Slice cold mutton, lay it on a dish which can be sent to the table, sprinkle the surface thinly with chopped onion and parsley, season it highly with salt and pepper, cover it with cold gravy, dust the surface with bread or cracker

crumbs, and brown it in the oven ; serve it at once.

Veal à la Mode.—Wipe with a wet cloth a solid piece of lean veal weighing five or six pounds ; make half a dozen holes in it by running the knife steel through it, parallel with the fibre of meat, and working it about to make holes large enough to admit the forefinger ; fill the holes with a forcemeat made as directed in the recipe for *Roast Chicken*, omitting the chicken liver ; lay the veal in a saucepan just large enough to hold it, pour over it boiling water, sprinkle in a teaspoonful of salt, and half a saltspoonful of pepper, cover it steam tight, and stew it gently for two hours ; if the gravy is not thick enough stir in a little flour mixed with cold water, and boil it for two minutes ; remove the meat before adding the flour.

Breast of Veal Baked with Tomatoes.—After wiping a breast of veal with a wet cloth lay it in a small dripping pan, and brown it quickly in a hot oven. Meantime peel and slice a pint of tomatoes, or use those which have been canned ; when the veal is brown season it highly with pepper and salt, pour the tomatoes over it, and bake it until the meat is well done. Serve it with the tomatoes on the same dish.

Breast of Veal Braised.—After wiping a breast of veal with a wet towel remove the bones with a sharp knife, season it with salt and pepper, roll it and tie it compactly ; put it over the fire in boiling water enough to cover it, with a small onion and turnip peeled, a small carrot scraped, a dozen whole cloves, half a teaspoonful of pepper-corns, and a teaspoonful of salt ; fasten the cover of the

saucepan with a thick paste of flour and water, and gently cook the veal for two hours. Then take it up, remove the string, and keep it hot; strain the broth, and use it to make a white sauce as follows:

White Sauce.—For each pint desired mix together over the fire a tablespoonful each of butter and flour until they bubble; then gradually stir in a pint of boiling broth or water, stirring constantly until all lumps are removed, season palatably with pepper and salt, and let the sauce boil before using it.

Before taking up the meat peel a pint of potatoes, cut them in half-inch dice, throw them into salted boiling water and boil them until tender; then mix them with the white sauce, put them on a platter, and serve the veal on them.

Veal with Brown Sauce.—Cut cold veal in two-inch pieces, brown them over the fire in sufficient hot butter to prevent burning, dust flour over them, about a tablespoonful for two pounds of meat; when the flour is brown cover the meat with boiling water, season the stew highly with salt and pepper, add to it sufficient nice table sauce to flavor it, and when it has boiled five minutes serve it on toast.

Boiled Tongue.—Proceed according to the directions given in the recipe for *Boiling Salt Meats*. When the tongue is done the skin can easily be stripped off, and the rough parts about the root trimmed away; these parts, freed from bone and gristle, make excellent hash.

Boiled Corned Beef.—Follow the directions for *Boiling Salt Meats*. When vegetables are to be served with corned beef they may be boiled with it until tender, allowing them to cook only long

enough to make them tender. Cabbage is usually boiled several hours, when it will sometimes boil tender in a quarter or half an hour; by unnecessary boiling it becomes watery, and emits an unpleasant and penetrating vapor.

Boiled Ham.—Follow the directions for *Boiling Salt Meats*. When the ham is done, if it is to be served hot, take it up, strip off the skin, dust it with fine bread-crumbs or cracker dust, and brown it in a quick oven.

Boiled Salt Pork with Greens.—Follow the recipe for *Boiled Corned Beef*, using young beets, beet tops, spinach, dandelions, cabbage sprouts, or kale, instead of head cabbage.

Pork Chops, Spanish Style.—Trim off nearly all the fat, chop it and put it into a hot frying-pan over the fire until it is brown; then fry the chops brown in the same fat, season them with salt and pepper, squeeze over them the juice of a sour orange, and keep them hot while some eggs, one for each chop, are being fried in the same fat; when the eggs are cooked to the desired degree lay them on the chops, pour the fat over them, and serve at once.

Roast Pork.—Use the chine or loin of fresh pork; cut out the bone, replace it with a stuffing of stale bread soaked soft in cold water and seasoned highly with salt, pepper, powdered sage, and a little chopped onion; sew up the cut to keep in the stuffing, and bake the pork in a moderate oven half an hour to each pound; season it when brown with salt, pepper, and powdered sage. More than all other meats pork requires thorough cooking.

Pork Tenderloins.—Stuff and roast them according to the preceding recipe; or split them open, and fry, or broil them very brown; season them with salt, pepper, and powdered sage; or in place of the sage, when they are fried, mix some chopped pickle with the gravy, and pour it over them. Cook them thoroughly.

Philadelphia Scrapple.—Wash a fresh pig's head, or use in its place about five pounds of the trimmings of pork mixed with the liver, heart, tongue, brains, and feet; boil the meat in four quarts of water with a tablespoonful of salt, until the bones fall out; then strain it, pouring it into a fine sieve; wash out the pot, put the broth again into it, and set it over the fire; remove every particle of bone from the meat, chop it fine, and return it to the broth; season it very highly with salt, pepper, sage, thyme, and marjorum; let it boil, and then stir into it yellow Indian meal until the spoon will stand upright in it; let it boil slowly for an hour, stirring it often enough to prevent burning; then pour it out in square cornered pans wet with cold water, and let it cool. It will then be ready to slice, roll in Indian meal, and fry in smoking hot fat, whenever it is wanted.

In the author's School of Cookery this dish is sometimes made of the trimmings of beef, veal, or mutton, the liver, heart, tongue, and brains being also used.

Broiled Liver.—Cut the liver of lamb, calf, or beef into pieces half an inch thick and two inches square; cut an equal number of thin slices of salt pork or bacon; put the liver and bacon alternately on metal

skewers, arranging the slices loosely so that the heat may reach them equally, and broil them thoroughly ; season them with salt and pepper, and serve them, on the skewers, on toast.

Baked Liver and Bacon.—Put in a baking dish, in alternate layers, a pound of liver and half a pound of bacon sliced, together with a quart of potatoes and two onions peeled and sliced; season highly with salt and pepper, pour in sufficient hot water to half cover these ingredients, and bake them three quarters of an hour, or until all are done. A crust of plain pastry, or of mashed potatoes may be used to cover the pudding if desired.

Ragoût of Pickled Tongue.—Cut in inch pieces any kind of cold pickled tongue, brown them in hot butter enough to prevent burning, cover them with boiling water, and season the *ragoût* highly with pepper and salt ; peel and slice an equal quantity of potatoes, add them to the *ragoût*, and stew it gently until they are tender.

Apples Stuffed with Sausage.—Remove the cores from sour apples without breaking them, stuff them with highly seasoned sausage meat, and bake them until the meat is done, in a moderate oven; serve them hot, on toast, with the drippings in the pan poured over them. Any other chopped meat, raw or cooked, may be substituted for the sausage meat.

CHAPTER VII.

VEGETABLES.

Boiled Potatoes.—If potatoes are ripe they can always be made mealy by careful cooking. They are to be well washed with a cloth or brush in plenty of cold water; if they are to be served in their jackets, a strip of the paring should be cut off all around each potato; or they may be entirely peeled before cooking, but even in careful hands this entails the loss of about an ounce in each pound, and some of the loss is of valuable mineral elements; it is better to boil them in their jackets and peel them before serving.

Some cooks prefer to put them over the fire in cold water, but their cooking is expedited by using actually boiling water enough to cover them, with a tablespoonful of salt to each quart of water, and boiling them until tender, but not broken; the water should then be poured off, the potatoes covered with a folded towel, and the saucepan containing them placed where they can keep hot without burning for five or ten minutes; the moisture of the potatoes will escape through the towel in the form of steam, leaving them dry and mealy. They should be covered with a napkin when served, not with the cover of the dish; the steam condensing on the dish cover and falling upon the potatoes in the form of moisture makes them soggy even if they have

been carefully cooked; they should not be taken from the saucepan until wanted for the table.

Baked Potatoes.—Wash them thoroughly, put them into a hot oven, bake them only until they are tender enough to break open easily, and serve them as soon as they are done; cover them only with a napkin in sending them to the table; and remember that a baked potato is never so nice if it has been allowed to stand before it is eaten.

Larded Potatoes.—After washing use an apple-corer to take a piece out of the potatoes from end to end; keep these pieces in cold water to use for the dish next named; in each potato put a strip of salt pork or bacon seasoned with pepper, and bake them in an earthen dish in which they can be sent to the table. Serve them hot.

Fried Bacon and Potatoes.—Brown quarter of a pound of thin slices of bacon in a frying-pan, stir among them a tablespoonful of flour, a pint of boiling water, and quarter of a saltspoonful of pepper; slice a pint of potatoes, whole or in pieces, put them with the bacon and stew them until tender; serve them hot.

Potatoes and Onions.—Peel, slice, and fry in two tablespoonfuls of drippings half a dozen onions; boil, peel, and slice a quart of potatoes, or heat with a little butter some cold sliced ones; season them with salt and pepper, pour the onions over them, and serve them hot. Bacon fried, and served with this dish, is excellent; the bacon drippings serving to fry the onions. Fried ham may be used in the same way.

Stuffed Sweet Potatoes.—Wash, boil tender in

boiling water, cut a slice from one side of each one, scoop out nearly all the interior, mash it with pepper, salt, and butter, or omit the butter using instead some cooked bacon, fat ham, or sausage meat; return this forcemeat to the potatoes, replace the slices first cut off, put the potatoes in the oven to heat for ten minutes, and serve them hot.

Potatoes Fried in Cream.—Mix together over the fire half a tablespoonful each of flour and butter until it bubbles, stir in half a pint of hot milk, beating the sauce smooth, season with a saltspoonful of salt and quarter as much pepper; use enough of this sauce to moisten some cold chopped potatoes, and fry them brown in butter, keeping them pressed together to make a cake. Cold chopped potatoes are nice browned in fat without the sauce, and seasoned with salt and pepper.

Potato Balls.—Use cold mashed potatoes; heat them with butter, pepper, and salt, mix with each pint the yolk of a raw egg, and a tablespoonful of chopped parsley; wet the hands in cold water, make up the potato in little balls, roll them in flour, and fry them light brown in smoking hot fat. A variation in this dish may be made by substituting grated onion for the parsley.

Stewed Carrots.—Scrape a pint of small carrots, boil them tender in boiling water and salt; make a cream sauce as directed in the recipe for *Potatoes Fried in Cream*, put the carrots into it with a tablespoonful of lemon-juice, and serve them at once.

Carrots, Flemish Style.—Scrape and slice two large carrots, boil them tender in boiling water and salt, heat them in some white sauce made as di-

rected in the previous recipe, using water instead of milk, remove them from the fire, stir in the yolk of a raw egg, and a tablespoonful of chopped parsley, and serve them.

Fried Carrots.—Cut boiled carrots in thick slices, roll them in flour, pepper, and salt, and fry them brown in hot fat.

Stewed Turnips.—Dress them as directed in the recipe for *Carrots, Flemish Style*, substituting a teaspoonful of mustard and a tablespoonful of vinegar for the chopped parsley.

Glazed Turnips.—Pare a dozen small turnips, boil them tender in boiling water and salt, dry them on a towel, put them over the fire in a saucepan containing a tablespoonful of butter and a teaspoonful of sugar, and shake the saucepan occasionally until they are brown; serve hot.

Cabbage and Onions.—Peel and slice four onions, fry them brown in a saucepan with two tablespoonfuls of drippings from salt pork or bacon; meantime slice a small white cabbage, put it with the browned onions, season with a teaspoonful of salt and quarter of a saltspoonful of pepper, cover the saucepan tight, and cook its contents until the cabbage is tender. A tablespoonful of vinegar may be added just before serving.

Cabbage Fried with Cream.—Chop a quart of cold boiled cabbage, fry it fifteen minutes with sufficient butter or drippings to prevent burning, season it highly with pepper and salt, and stir into it half a cupful of cream or of milk with a teaspoonful of flour mixed with it; let it cook five minutes longer, and serve it hot.

Glazed Onions.—Dress peeled button onions as directed in the recipe for *Glazed Turnips*.

Stewed Onions.—Peel a quart of onions and boil them tender in boiling water and salt; dry them on a towel, roll them in flour, pepper, and salt, fry them brown in sufficient butter to prevent burning, cover them with cold gravy, stew them five minutes, and serve them hot.

Fried Onions and Bread.—Fry three slices of bread in plenty of hot fat and lay them on a dish; peel and slice a pint of onions, fry them brown in the same fat, putting a few into the fat at once, and serve them on the bread.

Stewed String-Beans.—Remove the strings from a pint of beans, cut them in long slivers, wash them in cold water, and boil them tender in boiling water and salt; drain off nearly all the water, season them with pepper, add a tablespoonful of butter and the yolk of one raw egg, and serve them at once.

Boiled String-Beans.—String one quart of beans, break them in inch-lengths, wash them in cold water; and put them over the fire in a quart of boiling water, with quarter of a pound of salt pork sliced; boil until the beans are tender, drain off the water, season palatably with salt and pepper, and serve hot.

Green Peas Boiled.—If the shells of the peas are dirty wash them, but do not wash the peas after they are shelled; put them into boiling water enough to cover them a couple of inches, with a tablespoonful of salt for each quart of water, and three or four sprigs of green mint, and boil them steadily until they are just tender; then if they are to be

used immediately remove the mint, drain off the water, season them palatably with salt, pepper, and butter, and serve them at once. If they are not required when they are tender, drain from them the boiling water, remove the mint, and put them into cold water until they are wanted for the table; then pour off the cold water and quickly heat them with salt, pepper, and butter.

Green Peas and Bacon.—Prepare the peas as directed in the foregoing recipe; cut for each quart of peas quarter of a pound of bacon in half-inch strips, fry it brown in the bottom of a saucepan, put the peas with it, add sufficient boiling water to just cover them, and boil them tender; season them palatably with pepper and salt, and serve them at once.

They may also be cooked by boiling them with a larger single piece of salt pork.

Stewed Beets.—Wash two large beets without breaking the skin or cutting off the roots or stalks; boil them for an hour in boiling water; then take them up, and with a wet cloth rub off the skin. Mix together in a saucepan over the fire one tablespoonful each of butter and flour until they bubble, then stir in one pint of boiling water, a saltspoonful of salt, quarter of a saltspoonful of pepper, and a tablespoonful of vinegar; slice the beets into this sauce, cook them slowly for an hour where they cannot burn, and then serve them hot.

Fried Beets.—Boil the beets as directed in the preceding recipe, but allow them to boil until they are tender; then remove the skin, slice them half an inch thick, roll them in flour, pepper, and salt,

and fry them brown in smoking hot butter; lay them on a hot dish, pour two tablespoonfuls of vinegar into the pan in which they were fried, let it boil once, and pour it over the beets; serve them hot.

Sugar Beet Pudding.—Grate or cut in half-inch pieces two cupfuls of boiled beets; add to them six eggs beaten smooth, one pint of milk, one teaspoonful of salt, quarter of a saltspoonful of pepper, and a tablespoonful of butter; bake these ingredients in an earthen dish for half an hour in a moderate oven. Serve the pudding hot as a vegetable.

Fried Cauliflower.—Lay the cauliflower root upwards in plenty of cold, salted water for an hour to remove the insects from it; trim off the leaves, put it into a large saucepan with boiling water enough to cover it, and a tablespoonful of salt, and boil it just tender, but do not let it boil too soft; drain off the water entirely by laying it on a sieve; dust it on the blossom surface with flour, pepper, and salt, and fry it in sufficient smoking hot fat to quite cover the floured part; serve it hot. It is rather difficult to avoid breaking the cauliflower, and a novice in cookery will best succeed with this dish if she cuts the cauliflower in branches before boiling it, and flours the pieces all over before frying them. Fried cauliflower is also prepared by dipping the branches in a batter made as directed in the recipe for *Oyster Fritters*, substituting water for the oyster liquor in mixing the batter, and then frying them like the fritters.

Stewed Cauliflower.—Boil a cauliflower in branches as directed in the previous recipe and drain it; mix together over the fire a tablespoonful each of

butter and flour, add a pint of water, two tablespoonfuls of vinegar, a saltspoonful of salt, quarter of a saltspoonful of pepper, and stir until it boils; heat the cauliflower in this sauce; then stir into it the beaten yolks of two raw eggs, and serve it at once.

Spinach on Toast.—Make three slices of toast and lay it on a hot dish; put two quarts of spinach leaves, washed and stripped from the stems, into a frying-pan containing sufficient hot lard to cover the bottom of the pan, fry it quickly, turning it over as soon as that next the pan is tender, season it with salt and pepper, and serve it on the toast.

Spinach with Gravy.—Prepare the spinach as directed in the preceding recipe, substituting a tablespoonful of butter and a cupful of gravy for the lard; serve it hot.

Stewed Corn.—Into a pint of nicely prepared brown sauce put in a pint of sweet corn cut from the ear, and cook it slowly for half an hour. Serve it hot.

Brown Sauce.—Make a brown sauce as follows: Put over the fire in a saucepan one tablespoonful each of butter and flour, and stir them constantly until they are light brown, then stir in very gradually a pint of boiling water, a teaspoonful of salt, and quarter of a saltspoonful of pepper, let it boil two minutes, and use it hot.

Boiled Sweet Corn.—Remove the husk, except the inner layer, from short, plump ears of sweet corn; turn this layer far enough to permit the removal of the corn silk, then replace it, and tie a short string around it to hold it in place; boil the corn in boiling water without salt until the milk is

opaque white—from ten to twenty minutes; then remove the string, and husk, cover the corn with a napkin, and serve it with a dish of melted butter, pepper, and salt.

Stewed Corn and Tomatoes.—Stew together for half an hour one pint of corn cut from the ear, one pint of tomatoes peeled and sliced, one tablespoonful of butter, one teaspoonful of sugar, one saltspoonful of salt, and quarter of a saltspoonful of pepper; serve hot on toast.

Fried Corn and Tomatoes.—Fry in separate frying-pans one pint each of cold boiled corn, cut from the ear, and of tomatoes peeled and sliced, with two tablespoonfuls of butter in each, and a palatable seasoning of salt and pepper; when the tomatoes are done put them in the middle of a hot platter with the fried corn around them, and serve them hot.

Boiled Squash.—Peel a winter squash, cut it in two-inch squares, boil it just tender in salted boiling water, drain it and serve it at once with hot meat gravy poured over it. If no gravy is on hand use instead a brown sauce made as directed in the recipe for *Stewed Corn.* Boiled squash is also rubbed through a fine sieve with a potato masher and heated with butter, pepper, and salt; this is the usual method of cooking summer squash.

Squash Fritters.—Use cold boiled squash rubbed through a sieve; to each pint add one egg well beaten, two tablespoonfuls of flour, and a palatable seasoning of pepper and salt; fry by the tablespoonful in a frying-pan half full of smoking hot lard; dust with salt and pepper, and serve hot as a vege-

table. Cold boiled pumpkin can be used in the same way.

Fried Pumpkin.—Cut tender pumpkin in two-inch pieces, peel them, lay them for an hour in an earthen dish sprinkled with salt; dust them with pepper, roll them in flour, and fry them in plenty of smoking hot fat. Use hot as a vegetable; squash may be similarly cooked.

Fried Egg-Plant.—Slice the egg-plant, peel it, and dress it as directed in the foregoing recipe.

Stewed Egg-Plant.—Peel an egg-plant, cut it in inch squares, sprinkle it with salt, and let it stand an hour; then stew it gently until tender, but not broken, with butter, pepper, and salt, and serve it hot on toast.

Baked Egg-Plant.—Peel an egg-plant or deeply score the skin, rub it all over with salt and pepper, and scoop out the inside to within half an inch of the surface; mince the part removed, mix it with half its quantity of bread-crumbs or chopped meat of any kind, season it highly with salt and pepper, return it to the shell, which tie together, and bake it until tender; remove the string, and serve the egg-plant hot.

Stewed Dried Beans.—Pick over a pint of beans, wash them, boil them tender, putting them over the fire in cold water, and adding half a cup of cold water every fifteen minutes until they are done; then drain off nearly all the water, add two tablespoonfuls of butter, two saltspoonfuls of salt, quarter of a saltspoonful of pepper, and a tablespoonful of vinegar or any good table sauce.

Beans and Bacon.—Boil as directed in the pre-

vious recipe and drain quite dry; meantime fry quarter of a pound of sliced bacon, lay it on a hot dish, put the beans into the frying-pan where the bacon was cooked, fry them for five minutes over a hot fire, season them palatably with salt and pepper, and serve them with the fried bacon.

For other recipes for cooking dried beans and peas the reader is referred to the author's pamphlet called "Twenty-five Cent Dinners," pages 38, 39, and 40.

CHAPTER VIII.

RICE.

Boiled Rice, Georgia Style.—There are several methods of boiling rice, from which two are selected as giving good though different results: the Georgia way, which gives the grains dry and separate after boiling, was learned from a colored cook of that State; the Chinese method was imparted to the author during a most interesting demonstration of native cookery by several of the young Chinese gentlemen who were recently students at Yale.

To boil rice in the Georgia style pick it over, wash it in cold water, put it into three times its quantity of salted boiling water, and boil it steadily for twelve minutes, without stirring it; then drain off all the water, cover the vessel containing it, and set it where it will keep hot enough to steam for ten minutes; it will then be ready to serve. Shake it out of the boiler in a heap on the dish, but do not use a spoon to remove it, and do not press it in shape; serve it as it is thrown lightly on the dish.

Boiled Rice, Chinese Style.—Pick the rice over, wash it well in cold water, put it over the fire in sufficient cold water to rise an inch and a half above the top of the rice, and set the saucepan where its contents will slowly reach the boiling point; a little salt may be dusted over the rice if desired; be sure that the rice boils very slowly; the water will be

partly absorbed by the rice and partly evaporated, as the vessel in which it is cooked is not covered; when it is tender it is served in bowls as an accompaniment to other dishes, being eaten as we eat bread; while the grains are distinct they are slightly adhesive, and can easily be eaten with the chopsticks which replace our forks.

Rice and Lamb, Arabian Style.—The inhabitants of the Mediteranean countries excel in the preparation of rice, and therefore a number of their dishes will be given here, as they are not expensive and not difficult to prepare, while they afford a welcome variety at table.

Boil about three pounds of lamb, exclusive of the weight of the bones, in boiling water with a little salt, until it is tender; take it from the broth, put in its place a quart of rice, or a pint each of rice and soaked chick peas (large yellow dried peas), and half a cup of raisins, and boil all together until the rice and peas are tender. Meantime cut the flesh of the lamb in pieces an inch square and fry them light brown in hot butter; when the rice is done drain off nearly all the broth; mix the meat with it, highly season the dish, which is called *alcuzens*, and serve it hot.

Turkish Pilaff of Rice and Meat.—This dish is made of rice and lamb or fowl (sometimes both being used), raisins and a little saffron, or curry and fried onion, or with rice and tomatoes, first fried and then stewed tender in broth. A good pilaff can be made as follows, using cold beef, lamb, mutton, or fowl: pick over a pint of rice, wash it in cold water, drain it in a sieve and set it near the fire to

dry; meantime cut a pound of cold meat in pieces an inch square, fry it brown in four tablespoonfuls of hot butter, and take it from the butter with a skimmer; put the rice into the same butter and fry it light brown; add a pint of boiling water, a pint of tomatoes peeled and sliced, the fried meat, and a palatable seasoning of salt and pepper; let the pilaff stew gently until the rice is tender; if it seems dry enough to burn after it has been cooking a while add very little boiling water, remembering that the pilaff when done should be just moist but not too full of gravy; serve it hot.

Rice and Sausage, Italian Style.—Prick all over a pound of fresh sausages, and fry them brown; take them up, and in their drippings fry a pint of rice, washed and dried, and one onion peeled and sliced; when the rice is brown add the fried sausage, and boiling water enough to keep the rice from burning; season it highly with salt and pepper, and cook it slowly until it is tender; serve it hot.

Rice Stew.—Peel, slice, and fry six onions with four tablespoonfuls of drippings; put with them a pint of rice washed and dried, two herrings freed from skin and bone, and boiling water enough to cover all; season the stew highly with salt and pepper, replenish the water as it boils away, but do not add too much, as the stew should be only moist when done; serve as soon as the rice is tender.

Other recipes for cooking rice are to be found in the author's different works, as well as a good variety of methods for cooking macaroni, a food now becoming well known in America.

CHAPTER IX.

BREAD.

Home-made Bread.—Two methods are given, with personal preference for the second, because it is the quickest, and best preserves the nutriment of the flour.

To make yeast, boil two ounces of hops in two quarts of water for half an hour; strain the liquid, and cool it until it is only lukewarm, then add half a pound of brown sugar, two teaspoonfuls of salt, and one pound of flour; let this leaven ferment four days in a warm place, stirring it whenever it foams over the top of the jar in which it is placed; on the third day add to it three pounds of potatoes boiled and mashed; on the fourth day strain and bottle it, and keep it in a cool place.

To make bread, put seven pounds of flour in a deep wooden bowl; in the centre of it put a tablespoonful of salt, a teaspoonful of sugar, a gill of yeast, and sufficient lukewarm water to make a soft dough (about three pints); mix these ingredients with the hands until they form a smooth, shining dough; if necessary use a little extra flour, only enough to facilitate the working of the dough; flour the bowl on the bottom and sides, so that the bread will not stick to it, cover it with a thick towel folded several times, set it in a warm place protected from draughts, and let it rise over night. In the morn-

ing knead the dough fifteen minutes, divide it into four loaves, put them in floured baking-pans, cover them with a folded towel, and set them in a warm place to rise twice their height; when they are so risen prick them at the sides with a fork and bake them in a moderate oven until a knitting or trussing needle can be run into them without being made sticky. Be sure that they are well done, but do not let them burn.

To test the heat of the oven follow the method of Jules Gouffé, the celebrated *chef* of the Paris Jockey Club; the "moderate oven" temperature is that degree of heat which will turn ordinary writing paper *dark yellow* or buff, that is, the color of kindling-wood; put a sheet of paper into the oven and close the door, if the paper blazes the oven is too hot; arrange the dampers to lower the heat for ten minutes, then again test it with more paper; it may be necessary to try the temperature several times, but the time thus used is well spent.

Compressed Yeast Bread.—When it is possible to obtain fresh compressed yeast, also called German yeast, an excellent bread can be made in about two hours and a half; the rapidity of the leavening or "raising" the dough is advantageous because less of the nutritive elements of the flour are lost than by following the long process; for two loaves of bread use three pounds of flour, about a quart of water, two teaspoonfuls of salt, and an ounce of fresh compressed yeast; dissolve the yeast in a pint of lukewarm water; stir into it sufficient flour to make a thick batter; cover the bowl containing the batter, or sponge, with a folded towel, and set it in a warm

place to rise; if properly covered and heated it will rise to a light foam in about half an hour; then stir into it the salt dissolved in a little warm water, add the rest of the flour, and sufficient lukewarm water to make a dough just stiff enough to knead; knead it five minutes, divide it into two loaves, put them in floured baking-pans, cover them with a folded towel, and set them in a warm place to rise twice their height; then bake them as directed in the preceding recipe.

In raising the sponge be sure that the heat is not sufficient to "scald" or harden it, as that will prevent fermentation; therefore do not place it where the hand cannot be held with comfort; keep it covered from draughts. If when it is light it has become at all soured, as it sometimes will in summer, stir into it, before adding the balance of the flour, a saltspoonful of baking soda dissolved in a very little water.

The dough made for home-made bread can be baked as raised biscuit by kneading in with it a little sugar and melted butter, or it can be boiled in soups and stews as raised dumplings.

Baking Powder Biscuit.—Use any good baking-powder; for a dozen biscuits sift two teaspoonfuls of the powder and one of salt, with a quart of flour; rub into the flour two tablespoonfuls of lard or butter; flour a baking-pan and pastry-board and roller; quickly stir into the flour sufficient cold water or milk to make a dough just soft enough to roll out; turn it upon the pastry-board, roll it an inch thick, cut it in rounds with a floured biscuit-cutter, put them into the baking-pan, brush them

over with cold milk, and bake them at once in a quick oven. Remember that to be successful in using baking-powder it is absolutely necessary to work rapidly; the moment the powder is wet it begins to generate carbonic acid gas, and this forcing its way up through the dough lightens it; if the gas escapes before the dough is baked the biscuits will not be light.

Maryland Biscuit.—Rub two tablespoonfuls of lard into one quart of sifted flour; add a level teaspoonful of salt and sufficient milk to make a rather stiff dough, working the milk into the flour with the hand; put the dough upon a floured pastry-board, and beat it with the rolling-pin, folding it as it is flattened, until it blisters and cracks; then tear off pieces the size of an egg, roll them round in the hands, prick them with a fork on the top, and bake them in a moderate oven.

The beating will usually occupy half an hour. In the South a machine is used, consisting of a corrugated wooden roller, set half an inch from the bottom of an open wooden box, and turned with a crank set outside the box; the dough is repeatedly passed under this roller until it is ready to bake.

Graham Gems.—Real Graham Gems are made by mixing graham flour and water to a thick batter, with a little salt, and then beating the batter until it is full of little bubbles of air; it is then put into hot buttered gem-pans, and quickly baked in a hot oven. Graham biscuit may be made with baking-powder if desired; proceed as for baking-powder biscuit, using graham flour instead of wheat.

Brown Bread.—Mix together three cupfuls of

rye meal, two of yellow Indian meal, one of molasses, and one quart of sour milk with one teaspoonful of salt and two of baking soda dissolved in it; put the bread into a buttered tin mould, with a close cover, steam it for two and a half hours, and then bake it uncovered for half an hour.

Raised Brown Bread.—Put one quart of yellow Indian meal into an earthen bowl, pour over it sufficient boiling water to entirely moisten it, and let it cool to blood heat; when it is cool mix with it one quart of rye meal, one cupful of molasses, one cupful of home-made yeast or half a cupful of baker's yeast, one teaspoonful of salt dissolved in a little water, and sufficient lukewarm water to make a soft paste; after thoroughly mixing these ingredients put the dough into a buttered earthen or thick iron pan, smooth it on top with a wooden spoon wet in cold water, cover it with a folded towel, and set it in a moderately warm place to rise; when the surface begins to crack open put it into a moderate oven, with another pan turned over it, for four hours; or steam it five hours, and then dry the crust in the oven.

CHAPTER X.

SIMPLE DESSERTS.

Deep Apple Pie.—To make plain pastry mix together lightly quarter of a pound of lard or butter, a teaspoonful of salt, a pound of flour, and sufficient cold water to make a paste stiff enough to roll out. One way of mixing is to put these ingredients into a chopping tray, and chop them together with a large knife; another is to make a paste stiff enough to roll of the flour, salt, and water, roll it half an inch thick, spread quarter of the shortening over it, fold it and roll it out again, and use another quarter of the shortening, repeating this process until all is used; the pastry is then ready for the making of pies.

For a deep apple pie, pare and slice tart apples enough to fill a deep earthen baking dish heaping full; line the edges of the dish an inch down with a strip of pastry; put in the apples, sweeten them to taste, and flavor the pie with a little grated lemon rind, or a little ground cinnamon; cover the top with pastry wet at the edges with cold water to make it adhere to the strips on the sides of the dish; cut small holes in the top crust, brush it over with beaten egg, or with a little sugar dissolved in water, and bake it until the apples are done in a moderate oven. For a test for the proper heat of the oven refer to the recipe for *Home-made Bread.*

Pan-dowdy.—Wash a quart of dried apples, soak them over night in cold water, stew them soft in the same water with sugar and spice to make them palatable; put the apple sauce thus made into an earthen baking dish with a tablespoonful of butter, and cover it with pastry made as directed in the recipe for *Deep Apple Pie;* bake the dowdy until the crust is done; then remove it from the oven, and break the crust down into the apple with a spoon; use it hot or cold.

Apple sauce made from green or ripe apples can be used in the same way.

Fried Apples.—Pare sound apples, slice them half an inch thick, remove the cores without breaking the slices, fry them in hot butter until tender, lay them in little piles with sugar and spice dusted over them, and serve them on slices of toast.

Apple Toast.—Pare and core tart apples without breaking them; put them on slices of stale bread, fill them with sugar, put a little butter and spice on each one, and bake them tender in a moderate oven.

Apple and Bread Pudding.—Soak a quart of stale bread in cold water five minutes; pour off as much water as will escape without squeezing, and put the bread in a buttered baking dish; pare and slice a quart of apples, lay them on the bread, add sugar and spice to taste, and bake the pudding in a moderate oven.

Racket Club Pudding.—Butter slices of stale bread, enough to cover the bottom of a two-quart baking dish; put a layer of raisins on the bread; add another layer of bread, pour over it a custard made of four eggs beaten with four tablespoonfuls

of sugar and a pint of milk; pare, quarter, and core a quart of apples, lay them on the pudding, dust them with powdered sugar, and bake the pudding half an hour in a moderate oven. Serve it hot with powdered sugar, or jelly sauce.

Jelly Pudding Sauce.—Mix together one teaspoonful of corn starch or arrow root, one tablespoonful of jelly, four of sugar, and a pint of cold water; put the sauce over the fire and stir it until it boils one minute; then use it.

Cheese Crusts.—Cut some slices of stale bread two inches square and half an inch thick, butter them, lay them on a baking-pan, put one tablespoonful of grated cheese on each, and brown them in a quick oven; serve them hot or cold.

Pumpkin Pie.—Peel and slice a pumpkin, or part of one, boil it in boiling water until it is tender enough to rub through a sieve with a potato-masher; mix with each quart a custard made of six eggs beaten with eight tablespoonfuls of sugar and a quart of milk; flavor the mixture with spice and grated lemon rind, and bake it in deep earthen pie plates lined with plain pastry. Squash pie is made in the same way.

Plain Mince Pie.—Chop fine half a pound of cold boiled beef or cold boiled tongue; remove the fibre from half a pound of suet and chop that fine; stone half a pound of raisins, cutting them in halves; pick over and wash half a pound of currants; slice thin two ounces of citron; pare, core, and chop a pound of apples; grate the rind and squeeze the juice of an orange and a lemon, if they are available; mix all these ingredients in a glass or earthen jar with

enough sweet cider to moisten them, sufficient sugar to sweeten them palatably, salt enough to be just perceptible, and plenty of mixed ground spices; last of all add quarter of a pint of good brandy for the purpose of preserving the mince-meat. Pack it down tight in the jar, and keep it closely covered two or three weeks before using it. When brandy is not used the mince-meat should not be kept long. In making pastry for mince pies use from half to three quarters of a pound of shortening to a pound of flour. If mince-meat has become dry by long keeping moisten it with cider before using it.

CHAPTER XI.

COOKERY FOR INVALIDS

The preparation of food for invalids and convalescents is one of the most difficult tasks which is ever imposed upon the ordinary cook. The physician generally outlines the diet, but leaves the details of cooking to the nurse or cook, who may not always know how to make the simple and nutritious dishes required. To meet such an emergency a few recipes are given here which were included in the author's lessons before the New York State Training School for Nurses last May. The balance of the lessons, together with those given at the Nurses' Training School of the New York Charity Hospital last winter, will be included in a volume on *Diet for Invalids* which will shortly be published by the author.

Milk Porridge.—Mix two tablespoonfuls of flour smoothly with half a cupful of cold milk; place a cupful and a half of milk over the fire in a saucepan rinsed with cold water, but not wiped; stir in the flour and milk, a saltspoonful of salt, and, if desired, sugar and nutmeg to suit the palate of the patient; stir the porridge constantly until it reaches the boiling point, then let it boil for one minute, taking care that it does not burn, and serve it. A tablespoonful of raisins boiled and served with it

enhances its nutriment, if the physician will permit their use.

Arrowroot Gruel.—Make this in the same way as the *Milk Porridge*, substituting water for the milk; do not use the raisins.

Indian Meal Gruel.—Mix one tablespoonful of Indian meal with half a cupful of cold water; stir it into a cupful and a half of boiling water, with a saltspoonful of salt, and boil it half an hour, stirring it occasionally to prevent burning.

Beef Tea.—Chop one pound of lean beef, from the round, very fine; soak it for at least an hour in one pint of cold water; if there is time, let it soak two hours; put it over the fire in the same water, and let it slowly reach the boiling point; strain it through a sieve which will retain only the bits of meat and allow the coagulated albumen to pass through; a little seasoning may be added if the physician permits. If the cooking of the beef tea is checked at 140° Fahr., its albumen will be perfectly soluble, and therefore more digestible for very weak invalids.

Beef Juice.—Slice juicy lean beef, from the round, an inch thick; broil it quickly over a very hot fire, but without burning, until it is brown on both sides; lay it in a hot soup plate, cut it through in all parts with a very sharp knife, and set another hot plate on it, with the bottom against the meat; then grasp both plates firmly and press them together, squeezing the juice from the meat; let it run into another dish, or upon a slice of delicate toast, and serve it at once; the physician will indicate the seasoning.

Toast.—To prepare toast suitable for invalids

cut stale bread in slices half an inch thick, and trim off the crust; then hold it far enough away from the fire to dry it before browning it; it should be of a delicate brown color and quite dry in the middle of the slice; in this condition it is more easily digested than when made so quickly that the moisture of the bread remains in it.

Broiled Birds.—Carefully pluck and singe the birds, cut off the head and feet, or if the head remains be sure that no feathers are left on it; remove the crop and windpipe, and wipe the birds on a wet towel; split them down the back, take out the entrails without breaking them; lay the birds, without washing, between the bars of a buttered wire gridiron, and brown the inside first over a quick fire; then turn the outside towards the fire and brown that, but be careful to avoid burning; the birds may be cooked rare or well done, as the physician permits, and slightly seasoned. Toast is usually served under them.

Sago and Wine.—Wash an ounce of sago in cold water; put it over the fire in a pint of cold water, let it slowly approach the boiling point, and boil it gently until tender; then stir into it two tablespoonfuls of sugar and a glass of Madeira or sherry wine, and serve it hot or cold.

Wine Jelly.—Dissolve one ounce of isinglass or gelatine in half a pint of hot water; add one ounce of sugar and one pint of wine, and cool the jelly in a mould.

Barley Water.—Wash two ounces of pearl barley in plenty of cold water until the water is clear; put it over the fire with half a pint of cold water, let

it slowly approach the boiling point, and boil five minutes; then strain it, put it again over the fire in two quarts of cold water, and boil it until the water is reduced one half; then strain and cool it; it may be sweetened and flavored, if desirable, according to the physician's direction.

Egg and Wine.—Beat one egg to a froth with two teaspoonfuls of sugar; then beat in one glass of wine, and use at once.

Milk Punch.—For hot punch mix together quarter of a glass of brandy, rum, or whiskey, with three quarters of a glass of hot milk; add sugar and nutmeg to make the punch palatable. For cold punch use the same proportion of liquor, but fill the glass with shaved or finely cracked ice, with spice and sugar to taste.

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